

# Tobacco Tid-Bits

Tobacco Free Coalitions of Clark County and Skamania County  
Clark County Health Department • Tobacco Prevention and Education Program

Issue 64

<http://www.clark.wa.gov/health/tobacco/tidbits.html>

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**“En mi casa no se fuma”**  
Dejar de fumar mejorará tu calidad de vida  
y la de aquellos que te rodean.  
Si necesitas ayuda para dejar de fumar, llámanos.  
Nosotros te podemos ayudar.  
**(360)896-5128**  
Produced in partnership with the Washington State Department of Health's Tobacco Prevention and Control Program.



## New C-Tran Bus Signs Promote Smoke-free Homes

You may have noticed this sign on C-Tran buses in Clark County. It translates to, "There is no smoking in my house....Quitting smoking will improve your quality of life and of those around you." The ad publicizes Sea Mar Community Health Center's tobacco cessation services. It was funded by the Washington Association of Community and Migrant Health Centers and the Washington State Department of Health Tobacco Control and Prevention Program. "We concentrated our ads on the bus lines that run through highly populated Hispanic/Latino neighborhoods," said Jamie Zentner, Health Educator with Sea Mar in Vancouver. The ads can be found on buses in King and Snohomish Counties as well. In addition to bus wraps, Sea Mar publicized the tobacco cessation program in El Independiente Newspaper, and radio stations 1540 and 1360 (Radio Sol) out of Seattle. Posters and brochures are being distributed locally in Clark County. The advertisements were designed by Sea Mar graphic artists and contain a variety of tobacco prevention and cessation messages. Anyone interested in displaying anti-tobacco posters or distributing Sea Mar brochures (available in English and Spanish) should contact [Jamie Zentner](#) at 360.566.4403.

## TATU Facilitator Training will be Offered in Clark County

The American Lung Association of Washington (ALAW) will be holding a Teens Against Tobacco Use (TATU) adult facilitator training session this fall in Clark County. The six hour training consists of tobacco education, presentation demonstrations, directions on how to recruit and train teens, logistic advice on how to begin and maintain the TATU program and materials for facilitating a TATU group. The TATU prevention program is a teen peer-mentoring program designed to help teens educate younger children on the dangers of tobacco use, to develop leadership skills and to become tobacco-free advocates. Clark County is a leader in implementing this program. During the 2004-05 school year in Clark County, approximately 115 teens presented information about the dangers of tobacco to over 2,600 grade school students. In order for teens to become presenters, they must attend a TATU training led by an ALAW trained adult TATU facilitator. Training is free and includes lunch and all training materials. If you are interested in attending this training, please contact [Julie Scholer](#), Tobacco Control Coordinator with the American Lung Association of Washington at 253.272.8777. The training will be held in Clark County during the month of October or November depending on the schedules of those interested in attending.

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\*\*\* WE CAN HELP YOU \*\*\*  
**FIGHT YOUR URGE TO SMOKE**  
"YOU" vs. "YOUR URGE"  
PROVIDED BY THE WASHINGTON STATE DEPARTMENT OF HEALTH  
\*\*\* 1-877-270-STOP \*\*\*  
QUITLINE.COM



### Smoke-free Dining

Each month, Tobacco Tid-Bits dishes up details on a local smoke-free restaurant listed in the [Guide to Smoke Free Dining in Southwest Washington](#). This month we feature O'Brady's Drive-in, located at Dollar's Corner. O'Brady's Drive-in has been an institution in Battle Ground since 1962. Owner Susan Brady worked there as a teenager when her father owned the restaurant. After 19 years, he sold it to a buyer who ended up in foreclosure 7 1/2 years ago. The restaurant was closed for 1 month, and then re-opened smoke-free under Susan's ownership. With a small dining room that seats about 30, she said the smoke would permeate everything but smoke-free makes for a nicer eating environment. Some of her customers are the children of employees who worked there years ago. Susan estimates that about half of their customers order take-out food on their way to the lakes and rivers for recreation; the other half eat in the dining room. Famous for their burgers and 44 oz. shakes made with Alpenrose Ice Cream, O'Brady's is home of the very popular "Fat Clancy": a sandwich made with two beef patties, American and Swiss cheese, ham, salami, bacon, tomato, mayonnaise, lettuce, pickles, and onion on request. With hot and cold sandwiches, fries, onion rings, tater tots, hot dogs, fish sandwiches, chili, ice cream cones, sundaes, banana splits, a kids menu and much more, O'Brady's has something for everyone. Restaurants may come and go, but O'Brady's Drive-in continues the tradition of selling their famous food and shakes in a smoke-free environment

## News From Skamania

Skamania County Fair goers saw a lot of the new Quit Line banner ("Fight your urge to quit") during the fair in August. The banner is displayed on the Skamania Health Department building, which visitors passed by on the way to the fair. In addition, the Tobacco Free Coalition of Skamania County had a booth at the fair that displayed the same Quit Line banner and featured color photographs of Stevenson High School's M\*A\*S\*H\* group from their march and rally in November 2004 to

### M\*A\*S\*H\* youth march in November 04



create smoke free zones at two local Stevenson stores. Finally, Skamania residents saw a third image of this Quit Line ad in the 2005 Skamania County Fair & Timber Carnival program booklet. For more information on M\*A\*S\*H\* contact [Heather Hoffberger](#) 509.427.5631 and for more information about the Tobacco Free Coalition of Skamania County contact [James Lanz](#).



Skamania County Fair booth

### Clark County Health Department Welcomes a New Health Educator

Long Vue recently joined the Clark County Health Department as a Health Educator. Vue has a Masters Degree in Public Health and has worked in the health education field for over 7 years. His past experience includes delivering tobacco behavioral change programs to multi-ethnic communities and junior high and elementary youth. Long also facilitated a diversion program with the American Lung Association, Santa Clara County, California that served under-aged youth cited for tobacco possession and their parents. He works 20 hours a week for the health department where he coordinates compliance checks, conducts retailer education, and is helping develop and coordinate a youth advocacy training (see calendar). This workshop is to engage youth with tobacco related advocacy activities and enhance establishment and maintaining of youth coalitions. He also provides technical support and partnership to schools, youth serving organizations, and alternate to suspension/ticketing efforts in Clark and Skamania Counties. Long is hitting the ground running with the [Youth Tobacco Advocacy Training](#). He is meeting with the County's tobacco teams to plan a workshop for October 5, 2005, at the Water Resources Educational Center. [Long Vue](#) can be reached at: 360.397.8214





*Onlookers breathe easy as they enjoy the music at the "Six to Sunset" concerts in Esther Short Park in Vancouver over the summer. Several signs are posted at each concert as part of Vancouver-Clark Parks & Recreation's effort to protect visitors from secondhand smoke in parks.*

## Initiative Would Eliminate Smoking in all Washington State Work Places

[Initiative 901](#) has enough valid signatures to qualify for a spot on the statewide ballot in November. I-901 would prohibit smoking in buildings and vehicles open to the public and places of employment, including areas within 25 feet of doorways and ventilation openings unless a lesser distance is approved. The official ballot summary on I-901 reads, "This measure would prohibit smoking in public places and in places of employment. Current laws allowing designation of certain smoking areas would be repealed, including current provisions allowing designation of an entire restaurant, bar, tavern, bowling alley, skating rink, or tobacco shop as a smoking area. The prohibition would include areas within 25 feet of entrances, exits, opening windows and ventilation intakes, unless shorter distances are approved by the director of the local health department." The measure will appear on the November 8 General Election ballot.

## Thousands of Students Involved in Tobacco Education Programs Locally

Thousands of students participated in tobacco education and prevention programs in their school during the 2004-05 school year according to Educational Service District 112 (ESD 112). ESD 112, which includes Clark and Skamania counties, provided proven, "best practice" curricula to nearly 29,000 students. According to the state Department of Health, youth are less likely to use or become addicted to tobacco if there are more family, peer and school domains in which tobacco use is perceived as unacceptable. Over 10,000 parents attended a tobacco prevention open house, and many more received newsletters on tobacco prevention. Almost 2,000 parents were involved in tobacco prevention homework with their child. Prevention clubs proved popular - with 525 students participating in a club through their school, which included tobacco prevention activities. The Teens Against Tobacco Use (TATU) program trained 424 high school students, who then presented tobacco education and prevention messages to over 4,700 elementary school students. Here in Clark County approximately 115 teens presented information about the dangers of tobacco to over 2,600 grade school students. For students caught with tobacco at school or those who chose to enter a diversion or cessation program, over 800 completed an intervention or cessation program. All of this is having an effect on youth tobacco rates. The 2004 Healthy Youth Survey found that youth smoking in Washington dropped to an all time low since the state began tracking it in 1990. Only 7% of Clark County 8th graders reported smoking, the only grade there was sufficient data to report on. Skamania County did not have enough students completing the survey to determine smoking rates from but it is hoped that the youth tobacco use rate there mirrors the drop seen across the state. Contact: [Deb Drandoff](#) ESD 112, 360.750.7500 x 303

## Kids Exposed to Secondhand Smoke More Likely to Become Smokers

Children who absorb nicotine into their bodies as the result of secondhand smoke may be more susceptible to becoming smokers themselves, according to a new report. Canadian researchers said that children ages 5-12 whose blood contained elevated levels of cotinine (a metabolite of nicotine) were twice as likely to become smokers during adolescence as those who were not exposed to nicotine. Researchers controlled for such factors as sex, socioeconomic status, presence of adult smokers in the home, and the number of cigarettes smoked by adults in the home. Secondhand smoke in the home in late childhood (ages 9 to 10) leads to an uptake of cigarette smoke which gives children a cigarette rush which appears to predict whether they're going to smoke in adolescence, according to lead author Margaret Becklake of McGill University in Montreal. The researchers also noted that smoking initiation was more strongly associated with the onset of puberty than chronological age. The study was published in the 8/16/05 issue of the [Canadian Medical Association Journal](#).

## 2005 Washington State Prevention Summit

**October 20-22** - Yakima Convention Center. Early Registration: \$150 Adults; \$35 Youth / Students. On-Site Registration: \$200 Adults; \$50 Youth / Students.

**Invited Presenters:** Beverly Watts Davis - Director Center for Substance Abuse Prevention, Eric Liu - Author "Guiding Lights: The People Who Lead Us Toward Our Purpose in Life, Allison Porter - Miss Washington, LaMar Hudson - Inspirational Speaker "A Positive Message For Life," Donald Vereen - M.D. Special Assistant to the Director, National Institute on Drug Abuse.

For more information, contact the DASA Training Section at 1.877.301.4557 or visit the DASA website at <http://www1.dshs.wa.gov/dasa/>

### Workshop For The Youth Advocacy Training

**October 5** - The Youth Advocacy Training is a workshop designed to help youth create change in their community and schools. The major goal is to influence young people to avoid tobacco use and become responsible advocates for a tobacco-free America. Happening from 8:00 –1:30 PM at the Water Resources Education Center, this year's Youth Advocacy Training will focus on the following objectives:

1. Develop skills to become advocates for a tobacco-free community.
2. Learn the importance of networking and making strong connections with adults who can assist youth in attaining the goal of a tobacco free community.
3. Understand the advocacy process from the political, civic and business environments.
4. Learn the social and emotional impact of advocacy (The "feelings" side of it) and how competence grows.
5. Learn how to develop a specific action plan, and the self confidence to follow it to completion.

Adult advisors are responsible for registering their youth for the training online at [www.tobaccoprc.org](http://www.tobaccoprc.org). Contact Sheryl Taylor (TPRC Specialist) at 360.750.7500 x 266

### Newsletter Contacts:

- [Editor, Kimberly Nelson](#)
- [Tobacco Free Coalition of Clark County](#)
- [Tobacco Free Coalition of Skamania County](#)
- [Clark County Health Department Tobacco Prevention and Education Program](#)
- [Washington State Department of Health Tobacco Prevention and Control Program](#)
- [Subscribe to this Newsletter](#)

## Calendar of Events

- 9/8 Tobacco Free Coalition of Skamania County**, 3:30 - 5 PM, Rock Creek Center, Stevenson.  
Contact: [James Lanz](#): 360.397.8416
- 9/13 Tobacco Free Coalition of Clark County**, 2:30 - 4 PM, Vancouver-Memorial campus of SWMC, Medical Office Building Fir/Willow rooms, 2nd floor, 100 E 33rd St. Contact: [James Lanz](#): 360.397.8416
- 9/14 Motivational Interviewing Series**, first in seven session series begins. 9 -12 noon, ESD 112, Vancouver.  
Register at: [www.tobaccoprc.org](http://www.tobaccoprc.org) Contact Sheryl Taylor 360.750.7500 x 266
- 9/21 Tobacco Contractor's** meeting - 9:00 - 3 pm, ESD 112, Vancouver. All tobacco prevention partners are welcome to attend Contact: [Deb Drandoff](#) ESD 112, 360.750.7500 x 303
- 9/22 Schools Task Force** meeting, 7:30-9 am, ESD 112, Vancouver. Contact: [willie.manns@esd112.org](mailto:willie.manns@esd112.org)
- 9/22 Cessation Task Force meeting**, 2:30 - 4 PM, Clark County Health Department, Garden Conference Room.  
Contact: [James Lanz](#): 360.397.8416
- 9/25 Smoking Cessation classes for Hispanic adults**, Free, 2:30-3:30 PM St. John's Catholic Church, 8701 NE 119th Street, Vancouver. Contact: [Jamie Zentner](#) 360.566.4403
- 10/05 Youth Advocacy Training**, 8:00-1:30 PM, Water Resources Education Center, Vancouver. Register at: [www.tobaccoprc.org](http://www.tobaccoprc.org) Contact Sheryl Taylor 360.750.7500 x 266
- 10/06 SHS Task Force** meeting, 1:30-3 PM - Clark County Health Department, Garden Conference room.  
Contact: [Theresa Cross](#), 360.397.8215 x 7378
- 10/20-22 Washington State Prevention Summit**, Yakima Convention Center. Contact the DASA Training Section at 1.877.301.4557 or visit the DASA website at <http://www1.dshs.wa.gov/dasa/>

Please [let us know](#) about your tobacco related events so we can post them here.

## Tobacco Prevention and Cessation Related Web Links

- [Action on Smoking and Health](#) - Everything for people concerned about smoking and nonsmokers' rights, smoking statistics, quitting smoking, smoking risks, and other smoking information: [www.ash.org](http://www.ash.org)
- [Americans for Nonsmokers' Rights](#) - Leading national organization dedicated to nonsmokers' rights: [www.no-smoke.org](http://www.no-smoke.org)
- [American Legacy Foundation](#) - A national, independent public health foundation located in Washington, D.C., the foundation develops national programs that address the health effects of tobacco use: [www.americanlegacy.org](http://www.americanlegacy.org)
- [Campaign for Tobacco Free Kids](#) - Fighting to free America's youth from tobacco and to create a healthier environment: [www.tobaccofreekids.org](http://www.tobaccofreekids.org)
- [CHAMPSS](#), Children Helping And Motivating Parents to Stop Smoking - Provides kids with tips on how to talk to their parents about quitting smoking, and offers educational materials and other information they will need to support their parents through a quit attempt: [www.champss.org](http://www.champss.org)
- [Chewfree.com](#) is a website designed to help people quit using chewing tobacco or snuff (smokeless tobacco): [www.chewfree.com](http://www.chewfree.com)
- [O2 Magazine](#) - A publication designed by Washington teens to discuss their efforts at fighting tobacco and showcase their creative talents with feature stories original artwork and photographs: [www.unfilteredtv.com/o2magazine/index.php](http://www.unfilteredtv.com/o2magazine/index.php)
- [Tobacco Fact Clipboard](#) - The American Legacy Foundation has compiled a wide range of tobacco, smoking, and health-related facts in a single, easy to use database: [www.americanlegacy.org/factclipboard](http://www.americanlegacy.org/factclipboard)
- [Smokefree Housing](#) - Housing Connections offers a searchable database that includes *nonsmoking* as an apartment criteria option under *advanced search*: [www.housingconnections.org/Search.cfm](http://www.housingconnections.org/Search.cfm)
- [SMOKEFREE Network](#) - Site aimed at winning the right to breathe smoke-free air, facilitating communication among smoke-free advocates and key decision makers and sharing information about the tobacco industry: [www.SMOKEFREE.net](http://www.SMOKEFREE.net)
- [Smoke-Free Pregnancy Resource](#) - A national program supported by The Robert Wood Johnson Foundation working to discover the best ways to help pregnant women quit smoking and spread the word about effective, evidence-based treatments: [www.smokefreefamilies.org](http://www.smokefreefamilies.org)
- [Smoke-free Restaurants in Washington](#). Washington State Department of Health web-based interactive map listing nearly 5,000 smoke-free restaurants (including some bars and taverns) around the state. [www.secondhandsmokesyou.com](http://www.secondhandsmokesyou.com). Click [Clark County](#) or [Skamania County](#) for local restaurants.
- [Tobacco Scam](#) - Know a restaurant that needs convincing to go smoke free? Have them get the facts about the benefits of going smoke-free at: [www.TobaccoScam.ucsf.edu](http://www.TobaccoScam.ucsf.edu)
- [Tobacco Quit Line](#) - A cessation specialist will provide free one-on-one counseling and a customized quit plan to help you kick the habit for good. Listen to a sample call at: [www.QuitLine.com](http://www.QuitLine.com)
- [UnfilteredTV.com](#) - is a Washington State Department of Health web site where you can find facts and information about the dangers of tobacco, interactive features, ways to get involved in the real-world, news stories, contests and much more: [www.unfilteredtv.com](http://www.unfilteredtv.com)
- [Tobacco Prevention Resource Center](#) (TPRC) - provides training and technical assistance to Washington State Department of Health tobacco prevention and control contractors and other key stakeholders. Operated by ESD 112 in partnership with the network of nine ESDs in Washington State. [www.tobaccoprc](http://www.tobaccoprc).
- [The Tobacco Technical Assistance Consortium](#) (TTAC) is an independent, nonprofit organization dedicated to assisting organizations in building and growing highly effective tobacco control programs: [www.ttac.org](http://www.ttac.org)